2013 Winter Health Checklist

Nutrition Chapter 10

AGS Life Skills Health **2007**

Mr. Snap

Students can highlight sections or underline in their books. *NO WRITING ANSWERS IN THE BOOK*! Write in student **workbook**. Read directions **twice** to make sure you do everything right! *Students who finish homework early with 100% will get play-time at the end of the week.*

Parent/Staff sign off when each homework is completed correctly and that the student did the work honestly, without cheating; and asked for help when needed.

**Day One in Class**

\_\_\_\_\_ - Self-Study overview

\_\_\_\_\_ - Self-Assessment “**Before**”

\_\_\_\_\_ - Read pages 229-232

**Homework Due Day Two**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Healthy Eating Patterns and Food Choices

**Day Two in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Read 233-238

**Homework Due Day Three**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - How the Media Influences Eating Patterns

**Day Three in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Read 239-241

**Homework Due Day Four**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Choosing Healthy Foods - Chapter Outline

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Food Labels and Food Additives

**Day Four in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Read Chapter 10 Summary

**Homework Due Day Five**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Chapter 10 Review

**Day Five in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Do Self-Assessment “**After**”

\_\_\_\_\_ - Read 246-247

**Homework Due Day Six**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Unit 3 Review

\_\_\_\_\_ - **Rewards are earned through hard work and not giving up.**